

**CLAIMS**

1. A composition comprising hops isoalpha acids and one or more isoflavones selected from genistein, genistin, daidzein, daidzin, glycitein and glycitin, wherein the weight ratio of hops isoalpha acid extract to isoflavones is from 1:50 to 50:1, calculated as aglucon.  
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2. A composition according to claim 1 wherein the weight ratio of hops isoalpha acids to said isoflavones is from 20:1 to 1:20, calculated as aglucon.  
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3. A composition according to claim 1, wherein the weight ratio of hops isoalpha acids to said isoflavones is in the range from 1:2 to 2:1, calculated as aglucon.
- 15 4. A composition according to any one of the preceding claims which comprises genistein/genistin and daidzein/daidzin present in a weight ratio of from 2:1 to 1:2, calculated as aglucon.
- 20 5. A composition according to any one of the preceding claims, wherein the isoflavones are derived from soy.
- 25 6. A composition according to any one of the preceding claims wherein the hops isoalpha acids are selected from unreduced isoalpha acids, dihydro-isoalpha acids and tetrahydro-isoalpha acids, and mixtures thereof.
7. A dosage form comprising a composition according to any one of the preceding claims, wherein the dosage form comprises from 10 mg to 200 mg of said hops isoalpha acids and from 10 mg to 200 mg of said isoflavones.
- 30 8. A food product which comprises a composition according to any one of the preceding claims.

9. A food product according to claim 8, wherein the amount of said hops isoalpha acids and said isoflavones present in the food product is from 20% to 100% of the total recommended daily intake (= RDI amount) of the hops isoalpha acids and isoflavones per serving.

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10. A food product according to claim 7 or claim 8, wherein the food product is selected from the group consisting of spreads, margarines, creams, sauces, dressings, mayonnaises, ice creams, fillings, confectioneries, health bars, cereals and health drinks.

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11. A food product according to any one of claims 6 to 10 wherein the food product contains 20 mg to 400 mg of a combination of said hops isoalpha acids and said isoflavones, per recommended serving.

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12. A method of promoting the formation of collagen and/or decorin in the skin of an individual which method comprises administering to the individual an effective amount of a combination of hops isoalpha acids and one or more isoflavones selected from genistein, genistin, daidzein, daidzin, glycitein and glycitin.

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13. A method of reducing the effects of ageing on the skin of an individual which method comprises administering to the individual an effective amount of a combination of hops isoalpha acids and one or more isoflavones selected from genistein, genistin, daidzein, daidzin, glycitein and glycitin.

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14. A method of treating or preventing the effects of inflammation in an individual which method comprises administering to the individual an effective amount of a combination of hops isoalpha acids and one or more isoflavones selected from genistein, genistin, daidzein, daidzin, glycitein and glycitin.

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15. A composition comprising a combination of hops isoalpha acids and one or more isoflavones selected from genistein, genistin, daidzein, daidzin, glycitein

and glycitin for use in promoting the formation of collagen and/or decorin in the skin of an animal or human.

5 16. A composition comprising a combination of hops isoalpha acids and one or more isoflavones selected from genistein, genistin, daidzein, daidzin, glycitein and glycitin for use in reducing the effects of ageing on the skin of an animal or human.

10 17. A composition comprising a combination of hops isoalpha acids and one or more isoflavones selected from genistein, genistin, daidzein, daidzin, glycitein and glycitin for use in treating or preventing the effects of inflammation in an animal or human.